

## YOUR LIFE HAS A PURPOSE

# Getting Started

**“You are here to enable the divine purpose of the universe to unfold. That is how important you are!” - Eckhart Tolle**

Let's start this whole shebang off with a powerful point: We NEED purpose!

Victor Frankl, an Austrian existential psychologist and Holocaust survivor, founded a train of thought called logotherapy. While Sigmund Freud's theory says that all behavior is motivated by sex and aggression, logotherapy says something different. It says that man's main motive and dominant driving force is actually to find meaning in life.

That's why no matter what your circumstances are, having a purpose is imperative. When times are tough (like being held prisoner in a concentration camp), A PURPOSE is what's gonna get you through that. With enough meaning to your life, you can survive the most brutal of circumstances.

But there's another side of Living On Purpose – a lighter, more playful, more enjoyable side. A purpose has the ability to persistently provide you with something to be excited about during your day. It can give you the everyday experience of waking up enthusiastic in the morning like:

*“Hell yeah homey, I'M ALIVE!! Now let's get going...”*

Do you think the majority of Americans wake up in the morning eager to jump outta bed? I don't. I think they'd rather hit the snooze button for another six minutes. They'd rather call out sick with a sad story about how their next-door neighbor's house caught on fire last night, consequently, damaging a small segment of their roof and they just won't be able to make it in to work today. Anything other than having to deal with another monotonous Monday morning. Man!


Why do you think that is? What is it about all those people that's keeping them from living a life they love?

RIGHT!

### **People's lives NEED purpose.**

Here's my take on the whole topic: Living On Purpose supersedes all that *suckerism*! It raises your quality of life in the long run because it comes fully equipped with MEANING - something that all humans want whether we realize it or not. When we know what our meaning is, life's no longer about simply getting by - it's about doing what we're here to do and, ideally, enjoying the journey of it all.

Your purpose is gonna serve as your navigation. It's gonna be your guiding star that lights up



your sky and shows you your path no matter where you are.

A purpose transforms timid Tommy into confident Cliff. A purpose turns boring company into captivating conversation.

There's an immensely powerful sense of self-confidence that comes complementary with knowing what you're here to do. Your knowledge of self deepens. Situations that used to scare you shitless no longer seem so intimidating.

The power of purpose. Ahh... yes.

By living your highest purpose, you're not only helping yourself but you're helping the entire world out too - quite nice of you!

And with that last line, I just gave you a key clue about discovering what your purpose really is.